



2017

Heritage Center



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 East 6150 South
Murray, UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov
Director: Tricia Cooke

Oktoberfest

The annual Oktoberfest will be held on **Wednesday, October 18** from **11:00-1:30**. Registration began on Friday, September 22. The meal will include a Salted Pretzel Appetizer with German Mustard or Cheese, Beer Bratwurst or Roasted Chicken Breast, Roasted Red Potatoes, Bacon Sauerkraut, and German Chocolate Cake. The cost is **\$8** per person or **\$64** for a table of eight.



When purchasing your seats, specify chicken or bratwurst for each person. Up to eight tickets (a table) may be purchased by an individual. Register early, seating is limited and tickets go quickly.

The entertainment will be provided by Polka Doodle Doo featuring Kevin Scott Christensen, a local accordionist who has been playing German folk songs for years. The troupe includes Mark Chaney on percussion and Pamela Lemons on clarinet.

Only ticketed individuals will be allowed in the dining room for the meal and entertainment.

Veterans Day Celebration

The Center will feature a buffet style brunch honoring Veterans on **Monday, November 6** at **11:15**. Advance payment and registration are needed; however, seating is open. The cost is **\$1** for **Veterans** and **\$6** for everyone else. The event will begin at **11:15** with a flag ceremony, Marlene Tillman will then sing the National Anthem. John Green will play background music during the buffet style meal that will be available at 11:30.

A special thank you to Serenity Funeral Home for sponsoring the Veteran meals. For this event, Veterans are identified as men and women who have served, are currently serving, or are retired from the U.S. Military, National Guard, or Reserve.

Registration begins on Monday, October 16 and will close on Tuesday, October 31.

Veterans Wanted for a Special Project

The Heritage Center and **Murray and West Jordan High School** students will be working together to *tell the stories* of our **Heritage Center Veterans**.

If you are a Veteran and want to help out, please let us know at the front desk. The Veterans and students will meet several times during October at the convenience of the Veterans. The students will write the Veterans' stories and present them on Friday, November 17. We are looking for any Veterans from World War II, Korea, Vietnam, or Desert Storm.

This will be a great opportunity for both students and Veterans.

The Heritage Center Newsletters are saved for future reference at murray.utah.gov/140/Heritage-Center



November

Veterans Brunch
Monday,
November 6

Thanksgiving Meal
Wednesday,
November 15

December

Holiday Boutique
Friday,
December 1



Staff Information

Murray City Administration

Interim Mayor: Blair Camp
Public Services Director: Doug Hill
City Council:

Dave Nicponski, District #1
Blair Camp, District #2
Jim Brass, District #3
Diane Turner, District #4
Brett Hales, District #5

Heritage Center Staff

Director — Tricia Cooke
Program Coordinators — Maureen
Gallagher and Wayne Oberg
Secretary — April Callaway
Receptionist — Miranda Carter
Ceramics — Cindy Mangone
Meals Supervisor — Scott Harris
Meals Assistant — Chris Miller
Dishwasher — Annie Gardner
Custodian — Don Smith
Vehicle Volunteer Drivers —
Jerry Budd and Chuck Dillard
Building Attendant — Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,
Brenda Clausen, Connie Gardner,
Donna Gaydon, Ed Houston, Jenny
Martin, Pete Wright, Rod Young



Pick up your 20% senior discount punch card (60+) at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Inspiring Donations**, but only **IF** you link your rewards card to us. *Instruction sheets are available at the front desk.*

Miscellaneous Information

Our monthly **newsletter** is emailed to those who have a current participant account and have provided us their email address. It is also available for pick-up at the Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee (covers printing and postage costs). Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Heritage Center accepts **all major credit cards** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Scholarship Program

In an effort to enable senior adults access to Heritage Center programs, activities, and meals, regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The year scholarship provides up to **\$70 per month** to an individual to help pay for Center activities. The program is made possible by participant donations and fundraising activities. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director. **The 2018 application deadline is Wednesday, November 15, 2017.**

Fall Fundraiser: KidsEat!

The Heritage Center is asking our seniors to participate in a Food Gifting fundraiser for KidsEat! Beginning in October, there will be a barrel or bin at the Center where everyone can help by donating what you can from the selected list of foods they need (list is available at the front desk and posted by the barrel/bin).

We are happy to say we did this Food Gifting last year and our members went above and beyond the call in helping KidsEat! by providing bin after bin of much needed food.

Thank you so much for caring about our neighborhood children and helping to support the KidsEat! cause.

To learn more about KidsEat! visit their website at www.kidseatutah.org.



October is Fall Prevention Month

The Heritage Center is featuring three *Fall Prevention* classes in October. You may attend one class or all three. Our goal is to help you educate yourself about how to prevent falls, learn more about ways to protect yourself in the home from falling, and how to be fall free. **These are free one-hour classes.** *Register now.*

Safely Aging in Place: A Collaborative approach to reducing falls and increasing function

On **Tuesday, October 3 at 10:30**, Kristine Barrios, a local MOT, OTR/L (Occupational Therapist), will address multiple components that impact falls and fall prevention as we age. This presentation will be about identifying home hazards that may contribute to falls and taking measures to prevent potential problems. Information and handouts from the CDC endorsed "Stepping On" fall prevention course will be included in this presentation. "Stepping On" is a collaborative approach to understanding the risks of falls, ways to reduce the risk, decrease severity of injuries from falls, and increase safety awareness to keep you healthy, happy, and doing the things that matter most to you.

Fall Prevention

On **Tuesday, October 10 at 10:30**, Sean Gibson, a local Physical Therapist, will discuss issues regarding falls. One in three seniors aged 65+ fall each year, and this number increases to one in two by the age of 80. Falls are NOT a normal part of aging. Falls are the number one cause of injury-related deaths. Ten people are hospitalized or die from a fall-related traumatic brain injury (TBI) every week. The number of falls can be substantially reduced through evidence-based interventions, lifestyle changes, and community partnership. Sean will teach you about these evidence based programs and you will walk away with a better understanding of Fall Prevention.

Fall Prevention Q&A

On **Tuesday, October 31 at 10:30**, professionals from TOSH (The Orthopedic Specialty Hospital) will answer questions about fall prevention. This class will address all your questions about Fall Prevention; how you can safeguard your home, how you can be more proactive in your health, and learn all about what is new in the Fall Prevention catalog.



Watercolors

John Fackrell's watercolor class runs through Monday, October 16 from **9:00-12:00**. A new six-week class begins on **Monday, October 23** through **Monday, November 27**. Cost is **\$33**. *Registration begins Tuesday, October 10.*

Beginning Watercolors

John and Joan Fackrell's beginning watercolor class runs through Monday, October 23 from **1:00-3:30**. A new six-week class begins on **Monday, October 30** through **Monday, December 4**. Cost is **\$33**. *Registration begins Tuesday, October 10.*

Wednesday Painting

Sandi Olson's painting class runs through Wednesday, November 22 from **9:00-12:00**.

Social Security Class

On **Wednesday, October 11 at 10:30**, Tyler Petersen, CFP will present helpful ways for you to maximize your Social Security retirement benefits for current and future income.

This class will help you understand when you should begin receiving your Social Security retirement benefits, strategies you can use to boost retirement and survivor's benefits, how working after you begin receiving Social Security could affect how much you receive, Social Security tax reduction strategies, how divorce or the death of your spouse impacts your benefits, and other commonly overlooked aspects of Social Security planning. **This is a free class.** *Register now.*

***Fall Brunch – Tuesday, October 24
eat anytime from 10:00 to 12:00***

Ceramics

The ceramics class runs on **Tuesday** and **Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

Computer Help

The computer lab has six personal computers running Microsoft Windows 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center, if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page (pay at the front desk or in the cash box in the computer room).



Individual one-hour computer help is available with:

- Bob on **Tuesdays** at **1:00, 2:00, 3:00** (*no Apple products*)
- Katy on **Thursdays** at **2:00 or 3:00** (*device help*)

Registration and payment of \$3 is needed in advance.

Our instructors are unable to assist with hardware questions or problems related to equipment at home. If possible, please bring your own laptop for personalized assistance.

Intermediate Genealogy

A new 5-week Intermediate Genealogy class will be offered on **Wednesdays** at **12:30-1:30** beginning on **Wednesday, October 11** and going until **Wednesday, November 8**.

Class is limited to six participants. **This is a free class.** Register now.



Holiday Boutique Craft Fair

The Holiday Boutique will be **Friday, December 1**. Please contact Maureen if you are interested in a table to sell handmade arts or handmade craft items. The cost for a table is **\$30**. The application and sample(s) must be submitted by **Wednesday, October 4**.

Sellers will be contacted later in October once the selection committee has made a decision on who will be participating.

Crafting with Susan

Please join us on **Tuesday, October 10** at **1:30**, when we will make a cute crow door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now.



You will be able to finish the project and take it home the day of the class. This class is the **second Tuesday** of each month.

AARP Smart Driving Class

The next AARP Smart Driving Class will be held **Tuesday, October 24** from **9:30-2:30**. Register now. The cost is **\$15** for AARP members and **\$20** for everyone else. *The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards.* Bring your AARP membership card and valid driver's license.

Check with your auto insurance company about a possible insurance discount for attending this class.

This class is the **fourth Tuesday** each month.

Vital Aging

On **Tuesday, October 24** at **10:30**, we will present a new wellness class called **Healthy Sexuality and Aging**. Many people want and need to be close to others as they grow older. This includes the desire to continue to have active and satisfying intimate relationships. As we age, there may be physical and emotional changes that can become challenging. **This is a free class.** Register now.

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

Haircuts

The Center offers haircuts for men and women on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the front desk. The barber is Jocelyn Anderson.

Appointments are every 15 minutes, starting at 9:00. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage on **Fridays** from **11:45-3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling.

Flu Shots

Community Nursing Services will be at the Center on **Friday, October 6** from **10:00-12:00**. You can choose from the regular Influenza Vaccine (Quadrivalent four strain), High-Dose Vaccine (ages 65+), or Pneumonia vaccine. This year, Prevnar 13 (PCV13) is recommended for all seniors ages 65+ that have not previously received this pneumococcal vaccination.

You **MUST** bring the following items with you before receiving your flu shots: insurance or Medicare card (must have Part B) and photo ID. Community Nursing Services is contracted to directly bill most health insurances.

If you don't have insurance, the regular flu shot cost is \$35, High Dose \$50, Pneumonia (PPSV 23) \$90, and Prevnar 13 is \$190. As we age, our immune system weakens and our ability to fight illness decreases. Adults ages 65+ are more vulnerable to influenza. Vaccinations are safe, effective, and considered the best way to help protect against influenza. No sign up necessary.

Blood Testing

Blood Testing is scheduled for **Thursday, November 2** from **9:00-11:00**. The cost is **\$15** for Lipid Profile and **\$7** for Hemoglobin A1C. Fasting is required for Lipid Profile. Appointments are needed and payment is made to IHC the day of the test. Results are mailed to your home in approximately 2 weeks. This service is a sponsored by IHC Laboratories.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Monday, October 30** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is \$11 and payment is required at time of scheduling. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered **every other month**.

The next scheduled toenail clipping will be **Thursday, December 21**.

Attorney Consultation

An attorney is available for a **20-minute** legal consultations the **second Tuesday** each month. He will be here on **Tuesday, October 10** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources for help, but they will not attempt to solicit your business. **This is a free service.**

Medicare Counseling

Need help with Medicare or supplement issues? Sign up now for individualized help on **Tuesday, October 17** at **12:00-2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. A volunteer from SHIP comes the **third Tuesday** each month. **This is a free service.**

Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round-trip ride. Pick up is between **10:00-10:45** and the return home ride is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Open Enrollment for Medicare



Heritage Center



We are here to serve you

Monday — Friday

8:00am - 4:30pm

Thursday

8:00am - 9:30pm

Saturday/Sunday

Closed

#10 East 6150 South

(West of State Street)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

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Monday			Tuesday		
8:30	Golf: Meadowbrook	2	8:30	Ceramics	3
9:00	NIA / Watercolors		9:00	Stretch & Tone	
10:15	Pickleball		9:30	Line Dancing	
10:30	Meditation		10:30	Tai Chi	
11:00	Bridge Lessons		10:30	Safely Aging in Place	
12:30	Balance Class		11:00	Canasta	
12:30	Personal Training		11:30	Lunch	
1:00	Beginning Watercolors		12:45	Crafts	
1:00	Movie: Curse of the Black Pearl		1:00	Computer Help	
2:00	Strength Conditioning		2:00	Beginning Line Dancing	
9:00	NIA	9	8:30	Ceramics	10
9:00	Watercolors		9:00	Stretch & Tone	
10:15	Pickleball		9:30	Line Dancing	
10:30	Meditation		10:30	Tai Chi / Fall Prevention	
11:00	Bridge Lessons		11:00	Canasta	
12:30	Balance Class		11:30	Lunch	
12:30	NO Personal Training		12:45	Crafts	
1:00	Beginning Watercolors		1:00	Computer Help	
1:00	Movie: Dead Man's Chest		1:30	Attorney Consultation	
2:00	Strength Conditioning		1:30	Crafting with Susan	
5:00	Golf Banquet		2:00	Beginning Line Dancing	
9:00	NIA	16	8:30	Ceramics	17
9:00	Watercolors		9:00	Stretch & Tone	
10:15	Pickleball		9:30	Line Dancing	
10:30	Meditation		9:30	Antelope Island Trip	
11:00	Bridge Lessons		10:30	Tai Chi	
12:30	Balance Class		11:00	Canasta	
12:30	Personal Training		11:30	Lunch	
1:00	Beginning Watercolors		12:00	Medicare Counseling	
1:00	Movie: At World's End		12:45	Crafts	
2:00	Strength Conditioning		1:00	NO Computer Help	
			2:00	Beginning Line Dancing	
9:00	NIA	23	8:30	Ceramics	24
9:00	Watercolors		9:00	Stretch & Tone	
10:15	Pickleball		9:30	AARP Driver Safety	
10:30	Meditation		9:30	Line Dancing	
11:00	Bridge Lessons		10:00	FALL BRUNCH CAFÉ	
12:30	Balance Class		10:30	Tai Chi	
12:30	Personal Training		10:30	Vital Aging	
1:00	Beginning Watercolors		11:00	Canasta	
1:00	Movie: On Stranger Tides		12:45	Crafts	
2:00	Strength Conditioning		1:00	Computer Help	
			2:00	Beginning Line Dancing	
9:00	NIA	30	8:30	Ceramics	31
9:00	Watercolors		9:00	Stretch & Tone	
9:30	Toenail Clipping		9:30	Line Dancing	
10:15	Pickleball		10:30	Tai Chi	
10:30	Meditation		10:30	Fall Prevention Q&A	
11:00	Bridge Lessons		11:00	Canasta	
12:30	Balance Class		11:30	Lunch	
12:30	Personal Training		12:45	Crafts	
1:00	Beginning Watercolors		1:00	Computer Help	
1:00	Movie: Dead Men Tell No Tales		2:00	Beginning Line Dancing	
2:00	Strength Conditioning				

Wednesday			Thursday			Friday		
9:00	Painting	4	8:00	Pickleball Instruction	5	9:00	Zumba	6
9:00	NO Haircuts		8:30	Ceramics		10:00	Yoga / Flu Shots	
9:15	Pinochle		9:00	Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Wood Carving Trip	
10:00	Transportation		11:30	Lunch		11:30	Lunch	
11:15	Chair Aerobics		12:45	Happy Hatters		11:45	Massage	
11:30	Birthday Wed. Lunch		2:00	Computer Help		12:30	Balance Class	
12:30	Genealogy Class		2:00	Strength Conditioning		12:30	Personal Training	
12:45	Bingo		7:00	Dance		12:45	Bingo	
1:00	Bridge					1:00	Bridge	
9:00	Painting	11	8:00	Pickleball Instruction	12	9:00	Zumba	13
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Lunch	
10:00	Transportation		11:30	Lunch		11:45	Massage	
10:30	Social Security Class		2:00	NO Computer Help		12:30	Balance Class	
11:15	Chair Aerobics		2:00	Strength Conditioning		12:30	NO Personal Training	
11:30	Lunch		7:00	Dance		12:45	Bingo	
12:30	Genealogy Class					1:00	Bridge	
12:45	Bingo							
1:00	Bridge							
9:00	Painting	18	8:00	Pickleball Instruction	19	9:00	Zumba	20
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Lunch	
10:00	NO Transportation		11:30	Lunch		11:45	Massage	
11:00	Oktoberfest		12:45	Happy Hatters		12:30	Balance Class	
11:15	NO Chair Aerobics		2:00	Computer Help		12:30	Personal Training	
12:30	Genealogy Class		2:00	Strength Conditioning		12:45	Bingo	
12:45	NO Bingo		7:00	Dance		1:00	Bridge	
1:00	Bridge							
9:00	Painting	25	8:00	Pickleball Instruction	26	9:00	Zumba	27
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Pickleball		11:15	Chair Aerobics	
10:00	Yoga		9:30	Antelope Island Trip		11:30	Lunch	
10:00	Transportation		10:30	Tai Chi		11:45	Massage	
11:15	Chair Aerobics		11:30	Lunch		12:30	Balance Class	
11:30	Lunch		2:00	Computer Help		12:30	Personal Training	
12:30	Genealogy Class		2:00	Strength Conditioning		12:45	Bingo	
12:45	Bingo		7:00	Dance		1:00	Bridge	
1:00	Bridge							

Billiards Room

Pool tables and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the pool hall at the east end of the building.

Bingo

Bingo is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.

There will be no bingo on Wednesday, October 18 because of the Oktoberfest Celebration.

Cards

Bridge—Monday at 11:00, Wednesday and Friday at 1:00

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed.

Canasta—Tuesday at 11:00

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid on tournament day.

Golf League

10/2 8:30 Meadowbrook

Year End Golf Banquet Monday, October 9 at 5:00

Cost is \$5 for golfers
and \$8 for a guest
Payment and registration
due by October 5

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday** at **9:30** for all dancers, and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Birthday Wednesday



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade!



Monday Movies

Join us on
Mondays at
1:00 for a **free**
movie and
popcorn!



October 2
The Curse of the
Black Pearl
2003 / 142 min



October 9
Dead Man's
Chest
2006 / 151 min



October 16
At World's
End
2007 / 168 min



October 23
On Stranger
Tides
2011 / 137 min



October 30
Dead Men Tell
No Tales
2017 / 129 min

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

Strength Conditioning

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

Stretch & Tone

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

Tai Chi

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

Yoga

Wednesday and Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

Chair Aerobics (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass**. Ask at the front desk for details.



Exercise Help

The U of U Exercise and Sports Students will be at the Center every **Monday and Friday at 12:30-2:00**. *This class is included with the Exercise Room Fee.*

The students teach a **balance class** that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one **personal training**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneakers or Silver & Fit benefit

Chakra Meditation

Barbara Battison will present in-depth information about how Chakras and meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your Chakras balanced.

A new eight-week course will begin **Monday, October 9** and runs through **Monday, November 27** from **10:30-12:00**. The cost for the eight-week course is **\$20** or **\$3 per class**.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun.

Play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room or on the outdoor courts—weather permitting.

If you are new to the sport, **instructional play** takes place every **Thursday from 8:00-9:00**.

Pickleball Tournament

The Heritage Center played host to a Pickleball Tournament featuring teams from Salt Lake County Centers (Columbus, Draper, Millcreek and Tenth East) as well as a team representing the Heritage Center. The team of **Garn Woodall** and **Ann Price** from the Heritage Center won this tournament. Congratulations!!



Thursday Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night** from **7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray and West Jordan, Chuck-A-Rama, Rescue Alert, Jean Roestenburg, and Tony Summerhays.

Volunteer of the Month: Art Hupka



Art is originally from South Bend, Indiana, where he lettered in HS track and football and graduated from Butler with a BA and Masters degree. As he was finishing up his Masters degree, he agreed to play golf for the first time in order to convince a friend to play tennis with him. Considering himself somewhat an athlete, he could not accept the thrashing golf gave him and has been trying to get the best of golf since then.

Art headed out to the University of Utah School of Medicine to complete a doctorate in Pharmacology. He met his wife Myrna in Utah and continued trying to master the game of golf. Taking professor positions at medical schools in Nebraska, Michigan, Puerto Rico, and West Virginia gave him lots of different turfs to challenge his golf game. While living in Michigan, Art began to repair and rebuild golf clubs. He continued that hobby to the point of doing custom club fitting and performing all sorts of magic on golf clubs. In Puerto Rico and West Virginia, Art upped his involvement past being just a hobby and operated a small golf club building business. Art retired as Emeritus Professor in 1997 from West Virginia's medical school and then moved to Utah where he and his wife have immediate family.

Golf is definitely one of his life's passions. For the last three years Art has taken golf rules classes from UGA to volunteer as a rules official. He has been a volunteer at the Web.com tour event in Utah for three years. Art serves on the Heritage Center Senior Golf League Committee. He is also managing a small church golf league.

Art just tipped the scales to reach 77 years of age, and in spite of being officially retired he still is an adjunct faculty member at Westminster College and wants to keep going until age 80! He finds being around younger folks stimulating and having to keep current with all the drugs a good exercise for his mind. Art is also very active in the Methodist church and does everything from mowing the church lawn to occasionally giving a Sunday service message. But most important is his family, especially his daughter and granddaughter. For them he does everything he can from repairing the house to tutoring his granddaughter in chemistry.

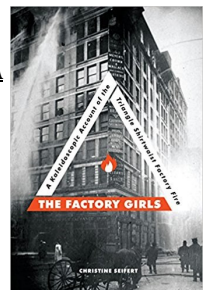
The Heritage Center appreciates all Art does for the golf program. He has served on the Golf Committee for several years and goes above and beyond to see that the golfers have a good experience on the course. Art will be honored at the **Golf Banquet on Monday, October 9** (see page 8 for details). Congratulations, Art!

Sandy Senior Center — Current Events Discussion Group

Friday, October 13 at 10:00 — Factory Girls: Professor Christine Seifert of Westminster College brings to us her story about young women factory workers as written in her book [Factory Girls: A Kaleidoscopic View of the Triangle Shirtwaist Factory Fire](#) about the 1911 New York City tragedy which caused the deaths of 146 garment workers.

Friday, October 27 at 10:00 — Open Forum: We will continue to discuss the First Amendment of the United States Bill of Rights on Freedom of Religion and Freedom of the Press.

For more information, contact the Sandy Senior Center at 385-468-3410 located at 9310 South 1300 East.



Center Trips



...Travel with friends



The standard tip for chartered buses is \$1 per person

Bus Trip Reminders



If you are traveling on any of our trips, please park your car **north** of the light pole in our parking lot to free up space for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver.



Senior Expo

The Senior Expo is coming to the South Towne Center on October 6 and 7. *Seniorleaf* is providing **free** rides to the Expo on **Friday, October 6** at 9:30 to 12:30 and again at 1:30 to 4:30. Sign up at the front desk.

Utah Valley Woodcarving Show

Join us as we attend the 12th Annual Utah Valley Woodcarving Show in Spanish Fork. The show features the work of artisans across the state of Utah, western states, as well as around the world, and will include over 200 individual carved pieces to view. Chainsaw carvers Jim Valentine and Brian Burr will demonstrate their work and offer great carvings for sale. Aaron Reimschuessel will be carving pumpkins.

The Center bus will depart at **11:30** on **Friday, October 6**. Cost for the trip is **\$10** and includes entry into the show and a sack lunch. [Register now.](#)



Antelope Island



Antelope Island State Park, the largest island in the Great Salt

Lake, is home to a free roaming herd of about 500 bison. Pronghorn, deer and bighorn sheep also share the rangelands that overlook the desert lake. The visitor center offers information on the island's unique biology, geology, and history.

The world famous bison roundup takes place October 27-29. Volunteer wranglers will saddle up and move the Park's herd of bison from the southern tip of the island to the bison corrals on the northern end of the island.

The Center bus will depart on **Tuesday, October 17** and **Thursday, October 26** at 9:30 and return about 4:00 pm. Cost is **\$12** and includes a sack lunch. [Registration begins Tuesday, October 3.](#)

Clark Planetarium: Aircraft Carrier

The Clark Planetarium's IMAX theater presents *Aircraft Carrier*. The mission to protect and defend the world's oceans has become far more complex and challenging in recent years, and naval aviation has become increasingly vital to success. One of the greatest engineering feats in the history of warfare, the modern Nimitz-class carrier is a masterpiece of technology, and the flagship of the fleet. Find yourself aboard the USS Ronald Reagan alongside the 5,000 highly skilled sea and air personnel conducting flight operations in the midst of the simulated war exercises taking place there. This will be a great Veterans Day activity.

The Center bus will depart at **1:00** on **Tuesday, November 7**. Cost for the trip is **\$12**. [Registration begins Thursday, October 19.](#)

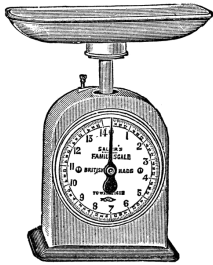


Wendover



Travel to Wendover on **Thursday, November 9** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30** and return at approximately **7:00**. Next Wendover Trip: **Thursday, January 11.**

MONTHLY LUNCH MENU



October 2017

NO RESERVATIONS NEEDED unless it is a **SPECIAL EVENT**

Lunch is served anytime between 11:30 – 12:30

Make your selection and pay when you are ready to eat

Sandwiches or Salads are available as alternatives

Prices range from \$2 - \$4







Monday

Tuesday

Wednesday

Thursday

Friday

2 NO LUNCH	3 CURRY SQUASH SOUP Roll, Side Salad White Chocolate Cranberry Cookie	4 SLOPPY JOE Chips, Broccoli Salad Birthday Cake & Ice Cream 	5 LASAGNA Breadstick Brussel Sprouts No-Bake Cookie	6 CHICKEN 'N DUMPLINGS Side Salad Chocolate Peanut Butter Mousse
9 NO LUNCH	10 TURKEY PITA Cucumber Salad Chips Ice Cream Sandwich	11 CHILI CHEESE DOG Sweet Potato Tots Coleslaw Pumpkin Chocolate Chip Cookie	12 CHICKEN ENCHILADA Refried Beans Spanish rice Tres Leches	13 CHICKEN LEMON RICE SOUP Cheddar Biscuit Fresh Fruit Maple Pecan Brownie
16 NO LUNCH	17 TERIYAKI CHICKEN STIR FRY Spring Roll Blueberry Pie	18  \$8 PER PERSON	19 SALMON CHOWDER Roll Side Salad Parfait	20 MEATBALL SUB SANDWICH Veggies Baked Beans Bread Pudding
23 NO LUNCH	24 FALL BRUNCH CAFÉ 10:00 - 12:00 	25 TURKEY CRANBERRY WRAP Caramelized Carrots Potato Salad Pumpkin Cheesecake	26 CHICKEN PICCATA Roasted Squash Pasta Salad Pizelle	27 HOMEMADE CHILI Cornbread Side Salad Cherry Cobbler
30 NO LUNCH	31 FEETLOAF Muensteroni 'n Cheese Ghost Broccoli Witches Hat 	 <div data-bbox="836 1743 1161 1953" style="border: 2px solid purple; padding: 10px; display: inline-block;"> <p>Meatloaf Mac 'n Cheese Cauliflower Hershey Kiss Cookie</p> </div>		